

Continue activities following the story – Just a Few More Ticks and Off to Sleep

ספריית פיג'מה



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Age Group: **Daycare (1-2)**

מִשְׁחָק

What's under the blanket?

The toddler or one of the family members will be covered in a blanket like a rabbit. You can look for a different body part each time and declare: "I'm looking for the... ear!" You can pet and tickle it lightly and ask: "Dear rabbit, put out your hand."



חֶקֶר

It's ticklish!

Everyone has a different sensitivity to touch. Inspired by the book, you can allow

toddlers to experiment and get to know the type of touch that suits them: “I’m tickling myself behind my ear, want to try too?”, “The rabbit wanted its back to be caressed. You too? Gently?”



פתיח מימנויות

Getting ready for a sleep together

Incorporate a rabbit (stuffed animal) or any other doll into the night’s preparation – your toddler can put her to sleep next to him, cover her with a blanket and even tell her a bedtime story.



שמע

Listen to the song

You can continue to enjoy some tickling with the theme song from the album “Dig Dig Dug” by Michal Hazon and Nurit Hirsch.



קריאה

Reading with movement

While reading, you can invite the toddlers to perform movements with you that illustrate the story: “How do you brush your teeth? Let’s brush like a rabbit,” “Want to stroke your back? Is it pleasant?”



משחק

The doll is also going to sleep

Spread mattresses on the floor and give each toddler a doll, a blanket and a pillow. Invite the toddlers to put the dolls to sleep, like in the book. Offer them to caress them, cover them, give them a goodnight kiss.

You can then gently “wake up” the doll and help her get ready for a new day.



פתיח מיפנויות

Very pleasant

In the book there are different types of touch – patting, caressing, tickling and kissing. This is a wonderful opportunity to impart and practice concepts related to touch with the toddlers.

You can say, “What is **a stroke**? Let’s stroke our hand. And now our knee. Is that **pleasant**?” “What happens when you stroke **harder**? And **more gently**?”

You can bring a feather and gently pass it over the toddler’s palms and behind his ears and ask: “Is it **ticklish**? Is tickling **pleasant**? **Unpleasant**?”



חגיגה

Pajama Party

You can hold a pajama party in honor of receiving the book at home. Ask the parents to send the toddlers in their pajamas to daycare. You can combine reading the book with

movements, a motor track when the room is a little dark, good night songs and more.



שְׁלוֹב הַסֶּפֶר

Training

Before going to bed in the daycare center, you can do a relaxation exercise inspired by the book: “Let’s lie down on the mattress like the rabbit. Let’s caress ourselves our back or on our arm. And now we’ll cover ourselves with a blanket and close our eyes.”

When you want to help toddlers practice movement regulation, remind them: “Remember when we petted the rabbit on the back with a pleasant caress? Let’s try to touch in a pleasant way and not too strongly.”



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